



S'mores for the Indoors

READY IN



45 min.

SERVINGS



20

CALORIES



232 kcal

DESSERT

Ingredients

- 12 ounces chocolate dark 72% (I used cacao)
- 2.5 teaspoons gelatin powder unflavored
- 2 cups graham cracker crumbs
- 1 pinch kosher salt
- 1 cup sugar
- 0.5 cup butter unsalted melted
- 1 teaspoon vanilla extract
- 0.3 cup gelatin powder cold for gelatin, plus 1/4 cup for syrup

Equipment

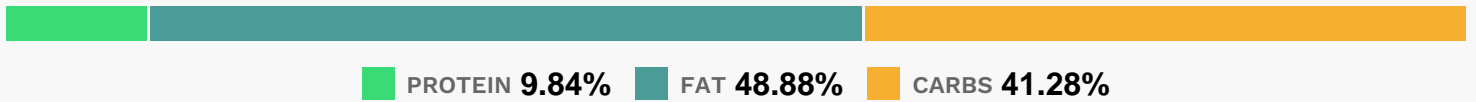
- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- double boiler
- baking pan
- hand mixer
- stand mixer
- broiler
- spatula
- candy thermometer

Directions

- Preheat oven to 350°F.
- Pour melted butter into 9 x 13 baking dish. Swirl around to evenly distributed the butter.
- Add graham cracker crumbs, salt, and toss until crumbs are thoroughly coated. Distribute crumbs and press into pan.
- Bake for 8–10 minutes or until crust is set and slightly browned. Set aside to cool completely.
- While graham sandwiches chill, bring water to a simmer in a double boiler. Break up chocolate into pieces and add to top of double boiler. Once chocolate has melted, let cool 5 minutes, then pour over graham crust and spread evenly with a spatula.
- In the bowl of an electric stand mixer, sprinkle gelatin evenly over 1/3 cup of cold water. Allow gelatin to soften, about 5 minutes.
- In a small saucepan, combine 1/4 cup of water, sugar, and vanilla and stir over medium–high heat until sugar is dissolved.

- Stop stirring, and place a candy thermometer into sugar water, wiping any sugar crystals from the side with a wet brush. Boil sugar until temperature reaches the "soft-ball stage" (238°F), and don't take your eyes off it. Timing is everything in confection and you don't want the syrup to crystallize. Once 238°F is reached, remove from heat. Working quickly, add syrup to softened gelatin, using the whisk attachment of an electric mixer, hand-stir the mixture for a few minutes as it cools.
- Beat on medium high with the whisk attachment until soft peaks form and the white fluffy mixture holds shape, about 10 minutes.
- Working quickly, spoon marshmallow mixture over cooled chocolate topped graham cracker crust.
- Set baking dish in the broiler in the lowest position (keeping it away from direct flame). Watching closely broil for about a minute or until it reaches desired level of toastiness. Cool and serve. Wrap with plastic wrap to store.

Nutrition Facts



Properties

Glycemic Index:8.35, Glycemic Load:12.88, Inflammation Score:-3, Nutrition Score:4.8056522219077%

Nutrients (% of daily need)

Calories: 231.98kcal (11.6%), Fat: 12.73g (19.59%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 22.06g (8.02%), Sugar: 16.02g (17.8%), Cholesterol: 12.71mg (4.24%), Sodium: 70.15mg (3.05%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Caffeine: 13.61mg (4.54%), Protein: 5.76g (11.53%), Copper: 0.4mg (20.03%), Manganese: 0.34mg (16.86%), Iron: 2.43mg (13.48%), Magnesium: 44.85mg (11.21%), Fiber: 2.14g (8.56%), Phosphorus: 72.46mg (7.25%), Zinc: 0.74mg (4.92%), Selenium: 3.03µg (4.33%), Potassium: 139.06mg (3.97%), Vitamin A: 148.45IU (2.97%), Vitamin B2: 0.05mg (2.8%), Vitamin B3: 0.5mg (2.52%), Calcium: 22.98mg (2.3%), Vitamin B1: 0.03mg (1.76%), Vitamin K: 1.64µg (1.56%), Vitamin E: 0.23mg (1.55%), Folate: 5.37µg (1.34%)